

THE PIPELINE

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Step 5: “Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in Step 5 is likewise. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step.

But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed. Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin “growing up” spiritually. It gives the opportunity to unload the burdens of the past and be done with them.

The purpose of step 5 is not to feel shamed in the eyes of your sponsor or whomever listens to you during it. Instead, it is a time to get rid of the old garbage and the dark secrets we’ve been holding inside. Quite often, it was these things

that kept us drinking or using. When preparing for step 5, many people describe fear. It really can be a gut-wrenching process. Our pride wants us to feel like we’re doing good and moving on from all that destructive behavior. Step 4 forces us to look back at all of that and step 5 brings it out into the open, revealing everything.

There’s also the fear that your listener will think less of you. However, you have to keep in mind that they’ve been right there, too. Who knows, they may have done worse things during their drinking and using days, but that doesn’t matter. In step 5, the focus is you and what you’ve done.

Many addicts feel great freedom after doing step 5. It’s a relief to get all that baggage you’ve been lugging around out in the open. Step 5 is also an opportunity to get to the root cause of your addiction. While it’s easy to give it titles like envy, jealousy, anger, or whatever, many people find that it’s really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.



THE SASSY SPONSOR

Dear Sassy,

I am a newcomer to this program and was just getting in the groove of things, now with COVID-19, my whole program has been thrown off course. What should I do?

Pandemic Paul

Paul,

Recovery is hard enough without adding Covid 19 to the mix. Not many deal well with change, especially quick change and no control whatsoever on how things are unfolding. With meetings being closed and many taking the virtual format, change is happening. This is just another challenge that will build your tool box. My advice is to take advantage of this situation where you can't manipulate and dictate how things go to learn to let go of control. Reach out to the fellowship, many have the tech savvy knowledge and are more than willing to share.

Life is full of unknowns and whether this is the end of the world or just a small glitch in one's year, we have to learn how to manage our business. This is a time to check your toolbox, your coping strategies, and your communication skills. You were furloughed? You can't have visits in person at the moment? You're going without income or maybe bills are gathering? Perhaps this tests your relationship? You are NOT alone. If there isn't any other message that our fellowship tries to present to each person who has the desire to be sober, that's just it. Make sure to get outside for a little bit even if it's a walk around the block, Use this time to do some self-care. Organize things; gut your closet of clothes you never wear, journal, turn up some music and dance around. The options are limitless if you have an open mind. Keep things such as anxiety and depression in check, recognize your symptoms and handle them accordingly.

This isn't going to be easy.. It takes work but so did getting sober and ending up where you are today. This too shall pass just as the struggles from your past that you thought would never end, have in fact gotten easier. Your high power whatever it may be is here for you and listening. Worst case rest assured you are NEVER alone and this fellowship is here for you.

*Love always,
Sassy*

COVID RESOURCES

-The website for Arizona Area has changed, it is now www.cmaaz.com instead of .org.

-Check out Facebook groups, Arizona Area website, and word of mouth for online meetings happening. There are thousands across the nation at any time during the day.

-CMA World has a website as well with additional resources such as writings, audio files, and stories under the Voices of the Fellowship tab.

www.crystalmeth.org

-As of right now most in person events have been cancelled until further notice. As the situation changes, groups and committees will be sending out announcements.

Tradition 5: “Each group has but one primary purpose to carry its message to the addict who still suffers.”

It's just that simple. Our job is to help other addicts by passing on wisdom gained by our experiences with the Twelve Steps. We share our stories of what we were like, what happened and how we became willing to accept a spiritual solution. And often we can help addicts where others would fail.

I remember feeling so alone when I first stepped into a meeting room. I was not quite at my bottom yet, not fully willing to admit I was a drunk and an addict, but I was willing to investigate twelve step recovery and find out if going to meetings could indeed help me. And I was overwhelmed by the love that was freely given to me from the very start. It was unexpected and amazing. Strangers were hugging me. People I didn't know were praying for me. And they seemed to have faith in me when I didn't have faith in anything, least of all myself or a higher power. For the first time I met people who genuinely understood what it felt like to be me. Thank God for the kindness of those strangers who showed me that recovery is possible and change can happen, if you work for it.

Right now the newcomers and the addicts struggling with active addiction are being hit hard by this global situation. Our usual methods of helping them have had to be adjusted. With in-person meetings only happening in the Valley at a very few locations, newcomers are finding it much harder to find someone who can carry the message to them. So we must make every effort to reach out when and where we can and give them hope, even if that's through electronic methods for the time being.

I know I can start by being kinder than I feel like being to my fellow man. I can reach out via the phone to those friends of mine that I know are suffering. I know that I can only keep this life that God has given back to me by sharing my solution with others. And I found that solution in the rooms of Crystal Meth Anonymous.

My name is Mandie and I'm an addict and an alcoholic

The 12th Step instructs us to put our principles into action by carrying the message of recovery to the addict who still suffers. The CMA Service Structure provides opportunities for accomplishing this. Come to a committee meeting and find one that's right for you!!

*Hospitals & Institutions - 1st Tues., 7:00pm
Trinity United Methodist Church, 3104 W. Glendale Ave.*

*Public Info & Outreach - 4th Tues., 7:00pm
Denny's, 2801 N. Black Canyon Hwy. (I-17), Phoenix*

*Central District (CADI) - 3rd Tues. - 7:30pm
Fellowship Hall, 8910 N 43rd Ave #102, Glendale*

*Communications - 2nd Tues., 7:15 pm
Lambda Phoenix Fellowship, 2622 N. 16th St.*

*Events & Fundraising - 1st Wed., 7:30pm
My House Sober Living, 7625 N. 39th Ave. Phoenix*

*Literature - 4th Tues., - 7:00 pm
St Mary's Episcopal Church, 6501 N. 39th Ave., Phoenix*

CMA Statement On COVID-19

Dear members of Crystal Meth Anonymous,

On March 14, 2020, CMA put forth a Statement on COVID-19 with suggestions for in-person meetings and contingency plans if in-person meetings were not possible due to the coronavirus outbreak.

Three weeks later, the majority of CMA groups have moved to online or telephone meetings. Groups across the globe have registered their virtual meetings in the CMA Online Meeting Directory, and this list grows every day. Groups have also turned to cashless systems for the Seventh Tradition. It's very clear that groups are indeed spiritual entities regardless of the place at which they gather, and we're inspired by their commitment and resourcefulness in creating safe, virtual spaces for crystal meth addicts to meet anywhere and carry the message of recovery. The happy consequences are that members can attend virtual meetings around the world, see old friends, make new connections, and recognize that we're here for each other. Remarkably, we are now reaching addicts in places where there's never been a physical CMA meeting.

We've been receiving inquiries on how to start online meetings, choose online platforms, develop new meeting formats, and find ways to practice the Seventh Tradition virtually. While we do not wish to tell any group what to do or not do, we have collected some experience from the Fellowship in regards to this matter. We are working on guidelines and resources for CMA

groups on using digital platforms during the coronavirus pandemic. We'll provide links to the guidelines when they've been created.

Some CMA groups are still having in-person meetings and we continue our recommendations to avoid hand-shaking and hugging, discontinuing food or beverage service, and finding alternatives to "circling up" and passing baskets or coins from person to person. In addition, groups might find it helpful to check with national and local authorities and health agencies regarding any limitations to the number of people permitted to assemble and recommended best practices.

One last important thing to note is that Crystal Meth Anonymous does not endorse specific virtual options, digital platforms or public health agencies, but we acknowledge our cooperation in terms of the experience of the Fellowship and the desire to fulfill our primary purpose of carrying the message to the addict who still suffers.

We hope this information will be useful. We will continue to monitor this rapidly-changing environment and provide additional updates as needed. As always, take good care of yourselves, and each other.

The CMA General Service Committee